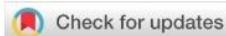


PHBS Health Education in RW 05 Laindeha Village, Pandawai District, East Nusa Tenggara

Jenyati Ndula Ratu^{1*}, Tri Ardayani², Linda Hotmaida³, Neti Sitorus⁴, Gurdani Yogisutanti⁵
Fahmi Fuadah⁶

^{1,2,3,4,5,6}Institut Kesehatan Immanuel, Indonesia
✉ jenyatindularatu@gmail.com*



Article Information:

Received November 25, 2024

Revised January 11, 2025

Accepted January 20, 2025

Keywords:

Education, Health, PHBS

Abstract

This activity aims to plan the community service activities to solve problems obtained based on situation analysis of the priority of problems obtained by providing health education to the community so that they always maintain their health. The implementation of activities that have been carried out by the planned time, namely activities carried out in June-August 2024 which consists of preparation, implementation and closing. Preparations are carried out with various activities, including field surveys, problem identification, approaches to the community, situation analysis, and proposal preparation carried out in July 2024. The implementation will be carried out in August 2024 with preparatory activities for counseling and counseling activities through the delivery of material on PHBS. The closing activity was carried out by preparing a report. The results of the study show that public knowledge about the definition, causes, symptoms, prevention, treatment, and impact of PHBS has increased. This community service activity is expected to bring real benefits to the people of Laindeha village and become an inspiration for similar efforts in various regions.

A. Introduction

Perilaku Hidup Bersih dan Sehat (PHBS), or in English called Clean and Healthy Living Behaviors is a concept that includes a set of behaviors that support the health and hygiene of individuals and the surrounding environment (Herdiansyah et al., 2018; Rizal, 2018). The PHBS theoretical framework includes various factors that affect individual behavior in maintaining hygiene and health. Knowledge of the importance of clean and healthy living behaviors is an important factor that influences individual behavior (Kandou & Kandou, 2019; Yusuf et al., 2022). Individuals who have adequate knowledge of PHBS practices tend to be more likely to implement them. Indonesia has health problems that are considered quite concerning, one of which is healthy food that contains vitamins, nutrients, carbohydrates, fats and minerals. Healthy food in daily life is very influential if each individual consumes according to balanced nutrition, so that the body's stamina remains balanced (Kysel et al., 2020; Sasmarianto et al., 2021). Healthy food also plays a role in supporting mental health. Several studies have shown a link between a healthy diet and improved mental well-being and cognitive ability (Grajek et al., 2022; Muscaritoli, 2021). Certain foods, such as fatty fish that are rich in omega-3 fatty acids, are associated with a reduced risk of depression (Deacon et al., 2017; Larrieu & Layé, 2018). In order to achieve a healthy life, it is necessary to have Clean and Healthy Living Behaviors that are always applied in daily life. PHBS (according to the Ministry of Social Affairs of the Republic of Indonesia) is an intervention or effort made to strengthen the culture of individuals, general groups, and society to be more concerned about health, this is done in order to achieve a better quality of life in terms of physical, mental, spiritual, and social. Healthy food can improve the overall quality of life. By feeling better physically and mentally, a person tends to

How to Cite

Ratu, J. N., Ardayani, T., Hotmaida, L., Sitorus, N., Yogisutanti, G., & Fuadah, F. (2025). PHBS Health Education in RW 05 Laindeha Village, Pandawai District, East Nusa Tenggara. *Aktual: Jurnal Pengabdian Kepada Masyarakat*, 3(1), 20–24. <https://doi.org/10.58723/aktual.v3i1.319>

ISSN

: 2987-6052

Published by

: CV Media Inti Teknologi

have more energy to enjoy daily activities, interact with others, and lead an active lifestyle. By prioritizing clean and healthy living, we can create a safe and healthy environment for ourselves and those around us, as well as improve our overall quality of life. Individuals' views on PHBS also affect their behavior. A positive attitude towards PHBS practices, such as washing hands regularly or maintaining environmental hygiene, can encourage individuals to practice them consistently. expectations from the surrounding community also play a role in shaping PHBS behavior. If PHBS practices are considered the norm in a community, individuals are more likely to follow and practice them. Individual skills and abilities in carrying out PHBS practices are also very important. For example, a person's ability to wash their hands properly or manage waste appropriately affects how effective they are in maintaining hygiene and health. The availability of adequate access and facilities is also an important factor in supporting PHBS behavior. Individuals who have easy access to clean water, sanitation facilities, and safe landfills are more likely to implement PHBS practices well. Individuals' motivation to maintain health and hygiene also influences their PHBS behavior. Internal or external impulses, such as concerns about one's own or family's health, can be a motivation to adopt PHBS behaviors. Education and information about the importance of PHBS and how to implement it can increase individual awareness and understanding of health and hygiene issues. This can help improve PHBS practices at the individual and community levels. By understanding this theoretical framework of PHBS, we can design more effective interventions or programs to improve clean and healthy living behaviors in the community. Thus, the health and well-being of individuals and society as a whole can be improved. The objectives of the implementation of PKM activities in Sorik Village include changing the lifestyle to make more suitable changes by creating a beautiful atmosphere in the surrounding environment so that its beauty is always maintained, improving the relationship between UIN Syekh Ali Hasan Ahmad Addary Padangsidimpuan students and the community, and the local government. So that female students can play an active role and are able to adjust and develop their educational activities according to community activities, motivate children to maintain the cleanliness of the environment and themselves, the community receives assistance in the form of education for their children at the elementary school level, and female students are able to cooperate with the community, especially elementary school children in implementing clean and healthy living behaviors in Sorik Village.

The implementation of Clean and Healthy Living Behavior (PHBS) is a health issue that has been the focus of the government's attention so far ([Rizqoh et al., 2023](#)). Behavior in a clean and healthy life has benefits to improve the degree of health formed starting from families, communities and individuals. This behavior can reduce the rate of pain in the community ([Harahap et al., 2023; Laila et al., 2024](#)). Families implementing PHBS from an early age will have a positive impact on welfare in the community.

The model approach in strengthening PHBS can be carried out, namely by means of social support, community empowerment and advocacy ([Anwar et al., 2021](#)). Strengthening PHBS to the community can use an approach, namely community empowerment, which is helping people have knowledge and awareness of PHBS so that they can overcome their own problems ([Marisda et al., 2021](#)). The most important PHBS health promotion is community empowerment, and it will be more successful if it involves cooperation with several other agencies.

B. Methods

The implementation of activities that have been carried out in accordance with the planned time, namely activities carried out in June-August 2024 which consists of preparation, implementation and closing. Preparations are carried out with various activities, including field surveys, problem identification, approaches to the community, situation analysis, and proposal preparation carried out in July 2024. The implementation will be carried out in August 2024 with preparatory activities for counseling and counseling activities through delivery material on PHPBS. The closing activity was carried out by preparing a report. The purpose and purpose of this activity is to plan community service activities to solve problems obtained based on situation analysis of the priority of problems obtained by providing health education to the community so that they always maintain their health. The number of targets for this community service activity is 40 people, consisting of: the people of Laideha Village, Pandawai District in RW 05, health cadres, village government and related agencies, and community leaders.

C. Results and Discussion

The form of community service activities organizes health centers, conducts assessments, identifies health problems in the community in an area by implementing an information technology-based data collection process, sets priorities for major health problems, identifies risk factors for major health problems through epidemiological research in a health service area directly into the field and is able to intervene to solve problems that exist in the community.

The problem in RW 05 is that the community does not understand PHBS and hand washing. The problems obtained after the identification of the problem include PHBS and hand washing. From the identification of the problem, we prioritize the problem as PHBS and hand washing. To solve this problem, the community service team intervened in the form of counseling to the community. This counseling is accompanied by pre-test and post-test to measure the level of public knowledge before and after counseling.

Activity Plan to conduct health education onsite by conducting counseling on PHBS. This counseling and intervention was attended by 40 people which was carried out at the church office of RW 05 Laindeha Village.



Figure 1. Activity Documentation

Before and after the intervention was carried out, a pre and post test was held to measure and compare the respondents' knowledge of the materials that had been given, namely hand washing materials and waste sorting materials. Based on the ultrasound method used, the priority of health problems in Laindeha Village RW 05 was obtained, namely: the problem of not washing hands (66.7%), the problem of waste sorting (66.7%), physical activity/sports (23.8), smoking habits (33.3%), hypertension (16.7%).

The results of interventions regarding hand washing, waste sorting, and PHBS showed a significant increase in respondents' knowledge after being given counseling. In the pretest, the average knowledge of respondents for handwashing materials was 4.67 and increased to 9.83 in the post test. For waste sorting, the average knowledge of respondents increased from 4.80 in the pretest to 10.00 in the post test. As for PHBS, the average knowledge increased from 7.00 in the pretest to 10.00 in the posttest.

The increase in the average pretest and post test scores on all materials showed that the counseling carried out succeeded in increasing respondents' knowledge about the importance of washing hands, sorting waste, and clean and healthy living behaviors. Therefore, it can be concluded that the counseling provided is very effective in increasing public awareness and knowledge about the importance of maintaining cleanliness and health.

D. Conclusion

The implementation of community service activities on Education, Health Education about PHBS and hand washing in RW 05 Laindeha Village can be carried out well and smoothly and conductively. The results of the study show that public knowledge about the definition, causes, symptoms, prevention, treatment, and impact of HPBS has increased. This community service activity is expected to bring real benefits to the people of Laindeha village and become an inspiration for similar efforts in various regions.

RW 05 Laindeha Village, it is expected to review and improve monitoring regarding the importance of public health regarding Clean and Healthy Living Behavior (PHBS), especially the importance of hand washing and waste selection in RW 05 Laindeha Village. Immanuel Health Institute Bandung It is hoped that the institution can redevelop the results that have been obtained in community service activities can also be realized well..

E. Acknowledgments

Acknowledgments are addressed to: Dr. Gurdani Yogisutanti SKM., M.Sc., as PBL 2 Examiner Lecturer and Head of the Management Unit of the S1 Public Health Study Program at Immanuel Institute of Health, Fahmi Fuadah SST., as Lecturer Supervisor of the Field Learning Practice Report and Lecturer of the Public Health Study Program at Immanuel Institute of Health, Linda Hotmaida S.Kep., Ners., M.KM., as Dean of the Faculty of Health and Lecturer of the S1 Public Health Study Program at Immanuel Institute of Health, Neti Sitorus, SST.., M.Kes., as Lecturer of S1 Public Health Study Program at Immanuel Institute of Health, Tri Ardayani, S.Kep., Ners., M.KM, as PBL 2 Coordinator Lecturer and Lecturer of S1 Public Health Study Program, and Mr. Joni Maramba Tana as the Head of Laindeha Village who has accepted and helped me in getting to know our work area for data collection.

References

- Anwar, D., Kurniawan K, R. N., & Aswadi, A. (2021). Health Promotion Strategies Towards An Effort To Prevent Dengue Haemorrhagic Fever (DHF) At Health Service (Dinkes) On The District Of Wajo. *Pancasakti Journal Of Public Health Science And Research*, 1(1), 46–54. <https://doi.org/10.47650/pjphsr.v1i1.201>
- Deacon, G., Kettle, C., Hayes, D., Dennis, C., & Tucci, J. (2017). Omega 3 polyunsaturated fatty acids and the treatment of depression. *Critical Reviews in Food Science and Nutrition*, 57(1), 212–223. <https://doi.org/10.1080/10408398.2013.876959>
- Grajek, M., Krupa-Kotara, K., Białek-Dratwa, A., Sobczyk, K., Grot, M., Kowalski, O., & Staśkiewicz, W. (2022). Nutrition and mental health: A review of current knowledge about the impact of diet on mental health. *Frontiers in Nutrition*, 9(August), 1–14. <https://doi.org/10.3389/fnut.2022.943998>
- Harahap, Y. W., Ahmad, H., & Aritonang, S. (2023). Penyuluhan Perilaku Hidup Bersih dan Sehat Sekolah di SD Negeri Ujung Gurap Tahun 2022. *Jurnal Ilmiah Pengabdian Masyarakat Bidang Kesehatan (Abdigermas)*, 1(1), 18–23. <https://doi.org/10.58723/abdigermas.v1i1.7>
- Herdiansyah, H., Sukmana, H., & Lestarini, R. (2018). Eco-Pesantren as A Basic Forming of Environmental Moral and Theology. *Kalam*, 12(2), 303–326. <https://doi.org/10.24042/klm.v12i2.2834>
- Kandou, G. D., & Kandou, P. C. (2019). Improving Students Knowledge of Clean and Healthy Living Behavior through Health Education. In *3rd Asian Education Symposium (AES 2018) Improving* (Vol. 253, Issue Aes 2018, pp. 412–416). Atlantis Press. <https://doi.org/10.2991/aes-18.2019.94>
- Kysel, P., Haluzíková, D., Doležalová, R. P., Laňková, I., Lacinová, Z., Kasperová, B. J., Trnovská, J., Hrádková, V., Mráz, M., Vilikus, Z., & Haluzík, M. (2020). The influence of cyclical ketogenic reduction diet vs. Nutritionally balanced reduction diet on body composition, strength, and endurance performance in healthy young males: A randomized controlled trial. *Nutrients*, 12(9), 1–12. <https://doi.org/10.3390/nu12092832>
- Laila, D. N., Maulidiyah, M., Febiola, S., Elisa, C., & Purwant, R. (2024). Penguanan Perilaku Hidup Sehat (PHBS) Sebagai Upaya Peningkatan Fungsi Keluarga Sehat Di Dusun Terpencil Rapah Ombo Jombang. *Community Development Journal*, 5(4), 6456–6461. <https://doi.org/10.31004/cdj.v5i4.28684>
- Larrieu, T., & Layé, S. (2018). Food for mood: Relevance of nutritional omega-3 fatty acids for depression and anxiety. *Frontiers in Physiology*, 9(AUG), 1–15. <https://doi.org/10.3389/fphys.2018.01047>
- Marisda, D. H., Thahir, R., & Windasari, D. P. (2021). Edukasi Perilaku Hidup Bersih Dan Sehat Dalam

- Mewujudkan Masyarakat Yang Produktif. *JMM (Jurnal Masyarakat Mandiri)*, 5(2), 354–364. <https://doi.org/10.31764/jmm.v5i2.4021>
- Muscaritoli, M. (2021). The Impact of Nutrients on Mental Health and Well-Being: Insights From the Literature. *Frontiers in Nutrition*, 8(March), 1–10. <https://doi.org/10.3389/fnut.2021.656290>
- Rizal, Y. (2018). Public response to the implementation of clean and healthy living behavior (PHBS) in coastal community in Rokan Hilir Regency. *Journal of Global Responsibility*, 9(3), 261–279. <https://doi.org/10.1108/JGR-12-2017-0059>
- Rizqoh, D., Djatmiko, E. M., Massardi, N. A., Hakim, A. J., Arifani, N., & Fauzia, A. C. (2023). Health Education About Clean and Healthy Lifestyle Behavior (PHBS) in the Transition Period of the Covid-19 Pandemic for Students. *DIKDIMAS: Jurnal Pengabdian Kepada Masyarakat*, 2(1), 129–134. <https://doi.org/10.58723/dikdimas.v2i1.93>
- Sasmarianto, Henjilito, R., Zulraflis, Kamarudin, & Nazirun, N. (2021). Understanding the needs of nutrition intake on athletes. *Journal Sport Area*, 6(2), 244–253. [https://doi.org/10.25299/sportarea.2021.vol6\(2\).6509](https://doi.org/10.25299/sportarea.2021.vol6(2).6509)
- Yusuf, R., Yunus, M., Maimun, M., & Fajri, I. (2022). Environmental education: A correlational study among environmental literacy, disaster knowledge, environmental sensitivity, and clean-living behavior of post tsunami disaster in aceh communities, Indonesia. *Polish Journal of Environmental Studies*, 31(1), 411–425. <https://doi.org/10.15244/pjoes/139327>
-

Copyright Holder

© Ratu, J. N., Ardayani, T., Hotmaida, L., Sitorus, N., Yogisutanti, G., & Fuadah, F.

First publication right:

Jurnal Pengabdian Kepada Masyarakat

This article is licensed under:

